

Foster Parent Spotlight



Ross and Jodi Southcott have been married for five years. They have two beautiful daughters, Autumn and Summer. Ross has been working as a carpenter for fourteen years and Jodi is a stay at home mom. Both parents enjoy doing what they do. The Southcott's have been licensed as Foster Parents for three years now.

Since becoming Foster Parents, Ross and Jodi have had three placements. They decided to become Foster Parents because they were told they were unable to have children. Ross and Jodi really wanted to help other children. They fostered and adopted Autumn, who is now 22 months old.

When Autumn was only 10 days old, they were surprised when they heard they were pregnant with Summer, who is now 13 Months old. The Southcott family enjoys trav-

eling up North and going swimming together.

When asked about PACE Training, both parents agreed that it was an extremely helpful resource. Ross and Jodi's words of wisdom for new Foster Parents would be "Make sure you work out a good relationship with the child's birth family".

Ross and Iodi Southcott feel so lucky to have both children. They are looking forward to the possibility of more children in the future.

Contact Numbers:

Waukesha H & HS 262-548-7212

Eve Altizer Children's Mental Health Outreach 262-548-7310

Crisis Mentoring Pager 414-848-6711

Medical Emergency; 911 Family Emergency: 211

Support Group President 414-671-3747 (home) 414-462-8446

Lisa Alden, Supervisor 262-548-7271

Shari Rather, Foster Care Coordinator 262-548-7267

Valerie Wozniak Visitation Coordinator 262-896-6849

June '06 Placements

Regular Foster Care:

53 Children

0 Admitted

4 Discharged

Treatment Foster Care:

26 Children

3 Admitted 2 Discharged

Group Homes:

4 Children 0 Admitted

2 Discharged

Residential Care Facilities:

15Children

1 Admitted

0 Discharged

Relative Placements:

X Children X Admitted

X Discharged

Social Workers:

Bob Alioto

262-548-7262

Peggy Beisser

262-548-7261 Kathe Blum

262-548-7275 Barb Hufschmidt

262-548-7270

Margaret Johnson 262-548-7265

Suzanne Koberstein

262-548-7348

Elizabeth Russo

262-548-7349

Kim Sampson 262-548-7273

Linda Senger

262-548-7698

Marilyn Vidergar 262-548-7363

Ted Wuerslin

262-548-7269 Jennifer Wygle

262-548-7260

We Need You!

For more information about becoming a foster parent in Waukesha County. please contact Shari Rather at:

srather@waukeshacounty.gov 262-548-7267

or visit our website at www.waukeshacounty.gov and follow the links to foster care.

Foster Care Forum Waukesha Health & Human Services 500 Riverview Ave. Waukesha 53188 262-548-7212

August 2006...

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Contacts

tailgate at Miller Park - RSVP by the 9th • Family Resource Center Events - Aug. 2006

Would you like to receive this newsletter via e-mail instead of mail? Please e-mail: srather@waukeshacounty.gov to complete this request. You can also find it online at www.waukeshacounty.gov.

Stamp Here

Place







Waukesha County Health & Human Services

August 2006



Foster Care Forum

Family Resource Center Events, August 2006

All listed events are held at Adoption Resources of Wisconsin, 6682 W. Greenfield Avenue. Suite 310. unless otherwise noted. These classes can be used to meet foster parent training requirements.

Adult Adoptee Support Group

- · Wednesday, August 2, 2006
- · 6:30 8 p.m.
- · This is a FREE event
- · Information, support and resources for adult adoptees.
- · For more information, call 414-475-1246

Being a Part of the Team: IEPs

- · Wednesday, August 9, 2006
- \cdot 6:30 8 p.m.
- · \$5 per person/\$8 per twosome
- · Learn how to play your role in the IEP process.
- For more information or to register, call 414-475-1246

Learn About Adoption

- · Saturday, August 12, 2006
- · 9 a.m. I p.m.
- · Dr. Martin Luther King Ir. **Community Center** 1134 Dr. Martin Luther King Drive, Racine
- · This is a FREE event
- · This workshop presents an opportunity for families considering adoption to learn about special needs

- adoption and how to become a Wendy's Wonderful Family.
- · For more information or to register, call 414-475-1246

Adopted Teens & Tweens Unite! **Support Group**

- · Tuesday, August 15, 2006
- · 6:30 8 p.m.
- · This is a FREE event
- · A support group for adoptees 11-17 years old.
- · For more information, call Leah Elston at 414-475-1246

Transracial Adoption Panel

- · Wednesday, August 30, 2006
- \cdot 6:30 8 p.m.
- · This is a FREE event
- · Dr. Martin Luther King Jr. Community Center 1134 Dr. Martin Luther King Drive, Racine
- · The Transracial Adoptive Panel will be complied of parents who have successfully dealt with race in our society and our families.
- · For more information or to register, call 414-475-1246

A SPECIAL THANK YOU to the Milwaukee Brewers & Jack Safro Toyota

for sponsoring our appreciation event.

"Take Me Out To the Ball Game" Aug. 22nd!

A Foster Family **Appreciation** Event

Tailgate begins at 5:15 Brewers game begins at 7:05

Please e-mail kweber@waukeshacounty.gov or call (262)896-6857 to RSVP no later than August 9th Tickets and directions will be sent to you!!!

Jesse's Corner Division Summer

school is around the corner! Well, before we resume school we would like to show our appreciation and celebrate a day at Miller Park with you and your family. I would like to thank Jack Safro Toyota and the Milwaukee Brewers for sponsoring this event! With their kind donation, we were able to purchase tickets for the Brewer game on August 22nd. Please accept this small token of our appreciation. Your dedication and support of the children and families in Waukesha County is greatly appreciated! Without the generosity of you and your family we wouldn't be able to provide homes for children in need of temporary care. YOU do make a difference! Invitations were sent out to all foster parents with an RSVP, so please return them as soon as possible. I hope you have a safe and wonderful time and "cheer on the Brewers"! I would like to also thank our student intern. Karla Weber, for planning the entire event! Karla. good job!

As some of you may know, we have another 36 hours of P.A.C.E. (Partners in Alternate Care Education) foster parent-training starting on Thursday, September 7, 2006. The classes will be held, in the evening, from 6:15pm to 9:15pm. Please call Shari Rather at (262) 548-7267 if you have any questions or would like to register. I've been informed that we can provide training up to twenty-eight (28) people so please contact Shari as soon as possible to sign up.

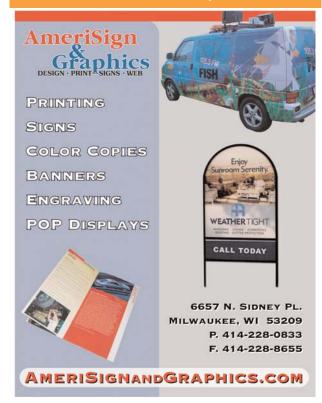
On a related matter, we recently received a state memorandum about supporting foster parents. I'm participating in the statewide Out-of-Home Care Committee that was created in response to the federal Child and Family Service review and included in Wisconsin's Program Enhancement Plan (PEP). Our committee was assigned to identify the service and support needs of foster parents, develop a profile of identified needs and gaps in services, and make recommendations for responding to those needs. The state memorandum included steps we could take to enhance our working relationship and support each other. The key areas that foster parents or social workers identified as strengths in the child welfare system included training, support and communication. There were many issues and recommendations made but I'd like to highlight some of them:

- Foster parents want to be considered a valuable and respected part of the treatment team;
- More joint training for agency staff and foster parents:
- Foster parents want assistance from the agency with preventative measures to deal with case challenges before a crisis arise;
- Foster parents want agencies to show their appreciation for the work they do;
- Foster parents want to connect with other foster families, to have mentors and to share experiences
- Foster parents stated that foster parents across the state often do not know about grievance procedures and how to address concerns with an agency.

These are a few of the issues identified that I would like to discussed at our next Foster Parent Roundtable meeting later this year. I will be asking Shari Rather and Lisa Alden to include this on the agenda for us to have further discussions on how we can enhance our working relationship.

I hope you had a nice summer and enjoy the Brewer game!

Thank you to our Foster Care Newsletter Print Sponsor!



HELP KIDS COPE WITH TRAGEDY

What to Say to Help Them Feel Safe and Secure by Dr. Charles Fay

At a difficult time like this in our nation's history, parents all over this country—and the world—are wondering, "What do I tell my kids about this? What do I do?"

Children have an incredible capacity for strength, and parents can play a powerful role in helping their children cope with horribly difficult events. Here are some practical guidelines:

#1: Be honest about your emotions while modeling strength

Our children will cope only as well as we do. Children who see their parents overwhelmed with anxiety, fear, and grief also will become overwhelmed. On the other hand, kids will not have an opportunity to learn healthy expression of feelings if parents stuff their feelings inside. The key is being honest about your emotions while showing that your family remains strong. For example, you might give your child a hug and say: This is a very sad thing. Sometimes I feel like crying about it. It also makes me mad. But I know that we will be OK...

because we are strong!

#2: Limit your child's exposure to media coverage of the event.

Turn the television and radio off when your kids are in the room. Repeated exposure to the visual and spoken images of the tragedy will create more anxiety and fear. Younger children who don't understand that the scenes are being replayed often believe the actual events keep happening over and over.

#3: Give them the facts about the event.

Don't try to keep the tragedy a secret! First, it's simply impossible to do. Second, humans create information when they lack it. When children get bits and pieces of bad news, they "fill in the blanks" with their imagination.

Typically their fears, or rumors that float about at school, produce more anxiety than the truth.

Children, even as young as two-years old, may need you to lay out the facts about the event. Tell them the basics, while leaving out the more sensitive details. Remember, your tone of voice must communicate compassion and strength.

#4: Listen, listen, listen.

There is nothing more powerful than an open ear, heartfelt understanding and a warm hug.

#5: Let them know that they are safe.

Our children need to hear about the thousands and thousands of wonderful people who are working day and night to keep us safe. Despite any fears or doubts we may have, our kids need to hear that they are safe.

Make your reassurance short and to the point. When parents spend too much time, too many words, and too many emotions trying to reassure kids that they are safe, it backfires. Your message will be more powerful and believable if it is very brief and business-like:

There are thousands of people working to keep everyone safe. We are going to be OK. Have a good day at school. I love you.

#6: To the greatest extent possible, maintain daily routines.

Daily routines give all of us a sense of predictability, control, and safety. When we stick with them, we also communicate to our youngsters that we are strong enough to keep going ... and they are too.

#7: Involve them in helping others.

There are few things more therapeutic than helping others. Even actions that

may seem small, like writing letters of support or sending a box of food to rescue workers, can mean a great deal

An elementary school principal who followed these tips voiced amazement at how they work. "I can't believe how well our school dealt with this yesterday. The teachers were calm, and so were the kids. Everyone is very saddened, but we are going to make it through!"

One last thought: Following these guidelines can help, but it is just as important to take good care of yourself. The healthier you are, the healthier your kids will be.

Dr. Charles Fay is a nationally known speaker, parent, and school psychologist with The Love and Logic Institute in Golden, Colo. His new video, Hope for Underachieving Kids, and his book, Love and Logic Magic: When Kids Leave You Speechless, provide a wealth of ideas for raising kids who are ready to learn and ready for the real world.

For more information about Love and Logic parenting and teaching techniques, call I-800-LUV-LOGIC or visit www.loveandlogic.com.

The Love and Logic People 2207 Jackson Street, Golden, CO 80401-2300 I-800-338-4065 www.loveandlogic.com

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